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HOUSEKEEPERS' CHAT Wednesday, June 28, 1933.

(FOR BROADCAST USE ONLY)

Subject: "Molded Ice Creams." Information from the Bureau of Home Economics, U.S.D.A.

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Of all the favorite American dishes, ice cream has had the most spectacular rise in popularity. Foreigners visiting this country often speak of us as a race of ice-cream eaters. And no wonder. Ice cream shops are about as numerous as gas stations these days. And ice cream has become almost as much of an everyday food as bread and butter. In just a few years--largely in our life-time--ice cream has developed from a little-known luxury of the rich into a food that sells in a quantity of over three hundred million gallons a year. We Americans didn't invent ice cream, but once it had its start in the country, we "took to it" in a big way.

History doesn't say who invented ice cream or when. Tradition tells us that Marco Polo brought back the first recipes for ice cream from China and Japan. And we know that way back in ancient India people had discovered the trick of chilling foods by setting them in a mixture of snow and salt. But the first record we have of ice cream in Europe was not until the sixteenth century. Catherine de Medeci had a chef who knew the secret of freezing cream. And when this famous Catherine went to France she took her chef with her. Presently one cafe in Paris was selling this frozen delicacy, called in those days "butter ice" or "cream ice". The news travelled to England. By the eighteenth century, cream ice was a popular luxury dish in England, made in homes of wealth and for sale by some of the confectioners. English cookbooks of a hundred fifty years ago give recipes for making it which include among the ingredients: cream and milk, sugar, eggs, flavoring of various sorts, and arrowroot or flour for thickening.

Even before this time ice cream had arrived in America. Its first appearance was during the Revolution when the British served it at some of their fancy parties in Boston. By 1786 a man in New York was advertising ice cream for sale on certain days of the week. One rumor says that a novelty ice cream appeared as dessert at one of the President Washington's banquets. Another says that Dolly Madison introduced it at the White House at one of her receptions. Shortly before the Civil War a Baltimore milk merchant named Fussell conceived the idea of using up his surplus sweet cream by freezing it and putting it in storage. His men considered this a great joke. But in a few years Fussell had opened plants for the manufacturing of ice cream not only in Baltimore but also in Washington, St. Louis and New York. The idea began to spread. But ice cream still remained in the class of luxury foods until the recent developments in mechanical refrigeration. Today we can buy ice cream almost anywhere at moderate cost. Or we can make it in our own homes.

So much for ice cream history. Now about making your own ice cream at home.

You can do that in several different ways. You can freeze the cream mixture in an ice cream freezer equipped with a crank. Or you can make a richer mixture and freeze it in your mechanical refrigerator or simply put it in a mold and pack it in ice and salt. These last two methods make mousses or parfaits- cream which is not stirred during the freezing.

Heavy cream is the most satisfactory base for desserts frozen without stirring. In making mousses you use this heavy cream whipped. In making parfaits you combine this cream with egg whites. Heavy cream holds in air when whipped and the fat is evenly distributed. Both these conditions retard the formation of large crystals. And then, fat becomes more solid at the low temperature, which helps make the mixture smooth. But heavy cream is expensive and if you use it alone is too rich for most people's taste. So many recipes for these frozen desserts provide for diluting the rich cream by evaporated milk and thin cream, or by milk thickened with gelatin, eggs or flour. In these desserts you must keep the proportion of sugar low. Most people find that sirup works better than sugar for sweetening. You can use sugar syrup, honey, maple sirup or even corn sirup.

Now suppose you have neither a mechanical refrigerator nor an ice cream freezer, yet want to make frozen desserts for your family. What to do? Why, just freeze your cream mixture in a big tub of ice and salt. The cream mixture you can put in any kind of a mold that has a tight-fitting cover. Use one of those handsome pudding molds that are for sale in the stores, use large baking powder tins or coffee tins with tight covers. Bury the mold in a tub of ice and salt and let it stand for several hours until the cream mixture inside freezes. Here's exactly the way you do this job. First, use a recipe for mousse or parfait. An ordinary ice cream recipe will not be rich enough for freezing by this non-stirring method. Now, get out your pudding mold or your coffee can and be sure it is perfectly clean. Chill it. Then pour in the cream mixture. Spread a piece of greased wax paper over the top. Fit down the lid over the paper and cover the crack with a strip of cloth dipped in paraffin. You need have no fear then of salt water getting in. Now place the mold in an ice-packed tub or pail. Have your ice chopped evenly and rather fine. Use coarse salt. And use a proportion of three parts of ice to one part of salt for this freezing mixture. Be sure you have a layer of ice and salt <u>under</u> the mold <u>and</u> around it. And be sure the top is completely buried. Allow the mold to stand undisturbed for two or three hours. You may need to pour out the water and repack with ice and salt once during the freezing. Don't let the mold stand too long or the cream will become very hard and difficult to take out. Take the mold from the ice, wipe it off with a clean dry cloth to remove all traces of salt, and let it stand a moment in a warm place. Then it will slide out easily onto the chilled serving plate. Don't apply heat, as this melts the cream too rapidly.

Time to stop talking about ice cream and plan our Sunday dinner. Here's the menu: Broiled lamb chops; Creamed potatoes garnished and flavored with chopped chives or with chopped green pepper; Tomato and crisp lettuce salad; for dessert, Raspberry or strawberry mousse.

Tomorrow: "Time and Penny Savers."